

Quick Facts

About...Mumps (infectious parotitis)

What is mumps?

Mumps is caused by a virus. It affects glands that make saliva. These glands are near the jaw area on both sides of the face and neck. Infection can occur on one or both sides. In 2011, 3 cases of mumps were reported in Indiana.

How is mumps spread?

Mumps is spread through indirect or direct contact with an infected person's nose or throat droplets. It can be spread when an infected person coughs or sneezes. People with mumps can spread it for up to 5 days after the start of symptoms. Anyone with mumps should stay home during that time to prevent giving the illness to others. People with mumps can also spread the disease before they even feel sick.

Who is at risk for mumps?

Anyone who has not had two doses of mumps vaccine (usually measles-mumps-rubella, or MMR) is at risk for mumps. The risk is greatest for international travelers or people who are in contact with international travelers. Mumps occurs in the United States but is more common in other parts of the world. Anyone traveling outside the United States should be vaccinated for mumps. There is an increased risk of miscarriage in women who are infected with mumps during the first trimester of pregnancy. Complications of mumps, such as encephalitis and hearing loss, are more likely to occur in adults.

How do I know if I have mumps?

See your doctor if you have been exposed to someone with mumps or if you have symptoms of mumps. Your doctor may test you for mumps or see if you are immune to the disease. Many viruses and bacteria can cause swelling and tenderness similar to that caused by mumps virus.

What are the symptoms of mumps?

Symptoms of mumps may include:

- Slight fever
- Tiredness
- Headache
- Pain below the ears
- Swelling and tenderness along the jaw and in front of and below the ear(s)

People who do not have swelling may still spread the virus to others.

How is mumps treated?

Since mumps is caused by a virus, antibiotics do not cure mumps. Bed rest, a soft diet (to reduce pain when chewing), and pain reliever for headaches and muscle aches are often recommended.

How can mumps be prevented?

The MMR vaccine is safe and good at preventing mumps. Most schools and some child-care centers require proof of vaccination before entry. If you have not had mumps and have no record of getting the vaccine, see your doctor. Your doctor can decide if you need a dose of vaccine. Two doses of vaccine should provide lifelong protection.

All information presented is intended for public use. For more information, please refer to: <http://www.cdc.gov/mumps/about/index.html>

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